

The book opens with a fascinating autobiography of a college girl who is just emerging from adolescence and looks back through the deeply troubled years. The reader learns— as all teachers of high school students should learn— why adolescence is filled with hazards and how the sympathetic elder—teacher, parent, big brother or sister—can help youth make the necessary adjustments and grow up. An abundance of charts, pictograms, tables, anecdotes, and case studies make the story easier to learn and to remember. The study guides at the end of each chapter are prepared with exceptional skill and insight. They are divided into three parts, Reminiscences, General Discussion, and Panel Discussion.

The authors have read widely, not only in scholarly literature, but whatever might give them better insight into the nature and behavior of adolescents. It is a book that high school

students themselves might well read with great profit, particularly the more thoughtful among them. In the main, high schools do not attempt seriously to meet many of the problems, particularly those involved in social adjustments. Perhaps it is because high school principals and teachers do not understand the complex social drives and inhibitions of the adolescent. The principal knows them pretty well physically and better yet intellectually, but not well enough socially and emotionally.

Organized into three main parts, "The Adolescent and His World," "The Adolescent and His Adjustment," and "Major Influences on the Adolescent," the book is further subdivided into fourteen chapters as follows:

1. Who is the Adolescent?
2. Why Study the Adolescent?
3. The World of the Adolescent.
4. Growing Up Physically.

5. Social Adjustment.
6. Heterosexual Adjustment.
7. Emotional Adjustment.
8. Adjustment to Life Values.
9. Personal Adjustment.
10. Vocational Adjustment.
11. Juvenile Delinquency.
12. The Adolescent and His Home.
13. The Adolescent and the Community.
14. The School for the Adolescent.

The reader is led, without ever dragging his feet, from the general to the specific, from the simple to the complex. Common sense permeates every discussion. It is a capital text for any teacher planning to teach junior or senior high school or the lower college years, but it is no less valuable for parents and all others who live and work with youth. The writer is grateful for the appearance of so good and wise a book. Our age needs such a book.

—John E. Grinnell

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